

## ABSTRACT OF THE DISCLOSURE

The two component carbohydrate mixture of this invention utilizes a source of fructose in combination with at least one readily digestible glucose polymer source. The addition of the fructose significantly decreases the glycemic response when compared to the digestible glucose polymer alone. Additional components may be added to the simple two component carbohydrate mixture to form a carbohydrate system suitable for incorporation into an enteral nutritional. This carbohydrate system optionally incorporates nonabsorbent carbohydrates, dietary fiber and indigestible oligosaccharides. The present invention is also directed to an enteral nutritional which incorporates the two component carbohydrate mixture and less than 37% of calories from fat. Additionally, the invention is directed to a method of delivering nutrients to a person with diabetes by feeding the enteral nutritional.